

Grandma's Oatmeal Raisin Cookies

1 cup rolled oats

1 cup whole grain flour (e.g. whole wheat pastry, whole wheat, spelt)

1 cup ground flax seed or ground raw almonds

½ cup shredded coconut, optional

½ cup unsweetened applesauce or 2 large apples cored, peeled and blended until smooth

½ cup pure maple syrup, Grade B, raw honey, or raw agave nectar

½ tsp. alcohol-free, pure vanilla extract

¼ cup raisins

Pinch of unrefined sea salt, optional

Preheat oven to 350 degrees F. Mix first four ingredients together in bowl. Blend wet ingredients together by hand or in blender until smooth and stir into dry ones, along with raisins, until well mixed. Form 1" balls and flatten with back of fork to form cookies. Bake for 12 minutes or until bottoms are lightly browned.

Gourmet Truffles

1 cup medjool dates

1 cup raw pecans

1 tsp. alcohol-free, pure vanilla extract

Pinch of unrefined sea salt, optional

Unsweetened shredded coconut, optional

Raw carob powder, optional

Put first 4 ingredients in food processor and process with the "S" blade until mixture turns into a dough. Make small balls and roll in carob powder and then in coconut, if desired. Refrigerate.

Spinach Salad with Pork and Pears

Serves 4

Ingredients

1 (1-pound) pork tenderloin, trimmed and cut crosswise into 12 slices

1 tablespoon extra-virgin olive oil to cook

1/2 teaspoon salt, divided

1/4 teaspoon black pepper, divided

3 tablespoons fresh orange juice

3 tablespoons raspberry or red wine vinegar

1 tablespoon extra-virgin olive oil

2 cups thinly sliced Anjou or Bartlett pear (about 2)

1/4 cup golden raisins

1 (5-ounce) package fresh baby spinach

2 tablespoons crumbled blue or feta cheese

Preparation

1. Heat a large nonstick skillet over medium-high heat. Rub pork with olive oil then sprinkle pork evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper. Add pork to pan; cook 4 minutes on each side or until browned.

2. Combine remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, orange juice, vinegar, and oil in a small bowl, stirring with a whisk.

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3. Combine pear, raisins, and spinach in a large bowl; toss well with vinaigrette. Arrange 2 cups spinach mixture on each of 4 plates. Top each serving with 3 pork slices and 1 1/2 teaspoons cheese.

Nutritional Information (per serving)

Calories: 296; Calories from fat: 30%; Fat: 10.1g; Saturated fat: 3g; Monounsaturated fat: 4.8g; Polyunsaturated fat: 0.8g; Protein: 25.5g; Carbohydrate: 27.4g; Fiber: 4.5g; Cholesterol: 68mg; Iron: 2.8mg; Sodium: 471mg; Calcium: 117mg